



**SCHEDULE OF THE ERASMUS+ PROJECT 'FITTER, HEALTHIER, HAPPIER' IN BUDAPEST, HUNGARY**

**10-16 April, 2022**

| Sunday  | Time        | Monday  | Tuesday                             | Wednesday                                       | Thursday | Friday  | Saturday  |
|---------|-------------|---|-------------------------------------|---|----------|---|-----------|
| Arrival | 9:00-10:30  | Opening ceremony of the Mobility Week - Getting to know each other and the school | Workshop - Sport in teenagers' life | Workshop - Homemade products                    | Trip     | Workshop - Mental health in teenager's life         | Departure |
|         | 10:30-12:00 | Workshop - Stop being couch potato  | Workshop - Mobile Apps              | Workshop - Homemade products                    |          | Teachers - meeting/<br>Students - attending classes |           |
|         | 12:00-13:00 | LUNCH   | LUNCH                               | LUNCH   |          | LUNCH   |           |
|         | 13:00-14:30 | Seminar - Consumerism Culture   | Seminar - Vienna Declaration        | Workshop - Healthy lifestyle in teenagers" life |          | Mobility week evaluation                            |           |
|         | 14:30-16:00 | Cultural visit  | Cultural visit                      | Cultural visit                                  |          | Ceremony of certificate of attendance               |           |
|         |             |   |                                     | Hungarian cousine - Dinner together             |          |   |           |

*Szabó Orsolya*

Orsolya SZABÓ

Coordinator Teacher

*Szilvia JAKAB*

Headmaster

